

# Entrée

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## Half Veggie Burgers

### Helpful Hints

Try dark greens, such as spinach, instead of iceberg lettuce to give these burgers even more veggie power.

Make fruits and veggies easy to see and reach. Show kids where they are in case they have a snack attack.

# Half Veggie Burgers

Serves 8

## Ingredients

2 14-ounce cans pinto beans,  
rinsed and drained  
1 bell pepper, finely chopped  
1 pound lean ground  
turkey or beef  
1 egg  
Salt and pepper to taste  
Cooking spray  
2 tomatoes, sliced  
8 lettuce leaves  
8 hamburger buns

## Directions

1. Mash beans with a potato masher or fork. For smoother burger texture, put beans in blender or food processor.
2. Use your hands to mix together beans, bell pepper, meat, egg, salt, and pepper.
3. Form mixture into 8 patties.
4. Spray a skillet with cooking spray. Heat to medium high.
5. Cook patties 4 minutes on each side or until done. Internal temperature should reach 165 degrees F with no pink in the middle.

Serve on buns with sliced tomatoes and lettuce.